



INDIANA RESILIENCE



Indiana National Guard

December 2012

Volume I

CSF becomes CSF2



The new CSF2 logo

Welcome to the newsletter developed to give Indiana Master Resilience Trainers and Resilience Trainer Assistants the most up to date information specific to the Indiana Resilience Program!

While MRTs have received emails and other forms of communication from Comprehensive Soldier & Family Fitness, Indiana RTAs have relied on communication from the Resilience Team and through FaceBook. This newsletter will focus on what is important in and to Indiana. We would also like to solicit questions from you that others may also be confused about or just want to know.

As you may have noticed, Comprehensive Soldier

Fitness (CSF) has morphed into Comprehensive Soldier and Family Fitness (CSF2). This is a great change! Although the program has always addressed family, it was not explicit in the title and alleviates any confusion that MRTs, RTAs, Leaders or other service members may have about training our families Resilience skills. The CSF2 home page is <http://csf.army.mil/index.html>

In addition to the name change, CSF2 has also developed a very good MRT Resource Center which can be reached by logging into the Soldier Fitness Tracker at <https://www.sft.army.mil/>. This is supposed to be MRT accessible only, however, we are interested to see if any of our RTAs are able to gain access. RTAs, if you do have access to the MRT Resource Center please email SFC Daniel Bozarth at daniel.a.bozarth@us.army.mil. If you are a MRT who does not have access to the MRT Resource Center, please email SFC Thomas Fleming at thomas.fleming7@us.army.mil to request access. Check out the Resource Center, lots of good things!

One more big change took place on 1 October 2012. The MRT/RTA curriculum changed. The changes are detailed in the "MRT 2.0 Recalibration" which is located on the Indiana National Guard Resilience website at <http://www.in.ng.mil/WarriorResources/Resilience/ResilienceTraining/tabid/1512/Default.aspx>

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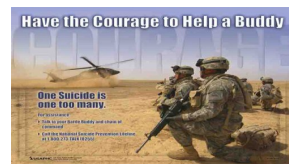
MRT ASI 2

RTA Course Schedule 2

Special points of interest:

- CSF makes several changes
- Resilience skills proven to improve psychological health
- 8R ASIs Assignment
- INNG scheduled to conduct 7 RTA Courses in TY13.
- The Resilience Newsletter will be published every quarter

Stand Down for Suicide Prevention



What exactly prompted the Army to start the Stand Down for Suicide Prevention?

Sadly, it was the 131 service members that completed suicides since January 1, 2012 alone.

Equally as sad, the National Guard

has had 49 service members that completed suicide. Of those, the Indiana National Guard yielded 4 suicide completions in 2012 (with 1 still pending final determination, bringing our total to 5).

In spite of these completions, our Crisis Intervention Team has been able to prevent 91 of our service members from committing suicide. 21 of those interventions were service

members who attempted suicide while the other 70 were service members with suicidal ideations. This just goes to show that this challenge is here in Indiana.

Resilience skills have proven themselves valuable and effective in improving psychological health and Resilience! Your job as a MRT/RTA is invaluable and may potentially help many service or family members!

COMPREHENSIVE
SOLDIER & FAMILY FITNESS
BUILDING RESILIENCE • ENHANCING PERFORMANCE

Indiana National Guard

FaceBook: [INNG_Resilience](#)

Website: <http://www.in.ng.mil/WarriorResources/Resilience>

8R Additional Skill Identifier

MRTs, please review your Enlisted/Officer Record Brief (ERB/ORB) to verify that you have received the 8R Additional Skill Identifier (ASI) since your graduation from the Master Resilience Trainer Course.

If your records do not reflect the 8R ASI, please send a copy of your MRT-C certificate to SFC Thomas Fleming at thomas.fleming7@us.army.mil.

Should you have further questions or concerns regarding assignment of an ASI or the Indiana MRT program, SFC Fleming can be reached at 317-247-3300 ext 85483.

RTA Course Schedule

11-14 December 2012

22-25 January 2013

26-29 March 2013

2-5 April 2013

4-7 June 2013

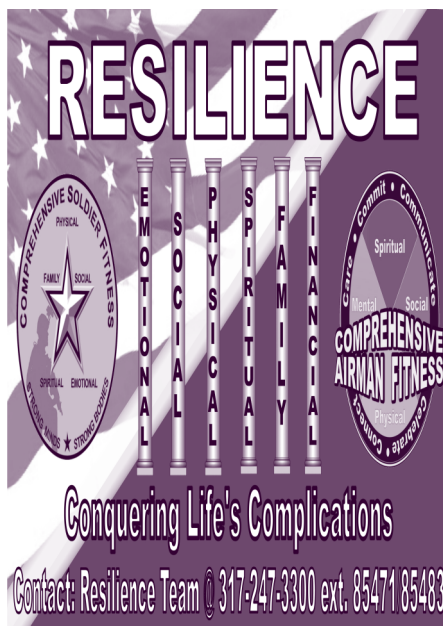
13-16 August 2013

3-6 September 2013

All classes are scheduled to take place at the 138th Regional Training Institute, Camp Atterbury

To register personnel for a RTA Course, please contact SFC Daniel Bozarth at 317-247-3300 ext 85429 or daniel.a.bozarth@us.army.mil.

Conquering Life's Complications



INNG Resilience Team Banner

Newsletter Information

Resilience Newsletter Scheduled Publishing Dates:

December 1, 2012

March 1, 2013

June 1, 2013

September 1, 2013

We want to hear from you

We want to know what you want from your Resilience Newsletter. Send us your questions and/or comments and we will address them. Also, if you have best practices you have uncovered while teaching Resilience skills to others, we want to know about that too! If you do not want us to use your name, no problem, just tell us.

Send your feedback to Joshua.stephens1@us.army.mil and daniel.a.bozarth@us.army.mil.